

Grizzly Track Update 2019

❖ MEETS THIS WEEK:

WED., APRIL 17, 4:00
GRIZZLY CUP
@ CAL HIGH

SAT., APRIL 20
NORCAL F/S CHAMPS
@ DUBLIN HS

SAT., APRIL 20
SACRAMENTO MOC
@ AMERICAN RIVER CC

❖ TEAM EVENTS:

NONE

❖ COMING SOON:

EBAL CHAMPIONSHIPS
@ DUBLIN HS
SAT., APRIL 27

❖ TEAM DONATION UPDATE:

2019 GOAL: \$30,000
2019 YTD: \$22,650

SUGGESTED DONATION
PER ATHLETE: \$300



A Message From Coach Karbo

In a successful finale to the dual meet season, both the girls and boys teams scored victories over San Ramon Valley and Monte Vista to finish 4-1 on the season. With the post season shortly approaching, the teams are gearing up for the most important meets of the year.

But before the league championships, comes the always fun Grizzly Cup! This meet pits each graduating class against each other to determine which grade can claim bragging rights for the season and get their year engraved on the perpetual plaque. It's also a chance for some of the athletes to try events they normally wouldn't participate in for fun and to help their team score points. There's bound to be some good photo ops as there's usually some hijinks on the track.

We are also celebrating the seniors on the team at this meet with a ceremony right before the first event. Parents of seniors will be down on the field with their athlete as they are introduced.

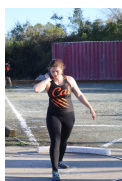
There are two exciting invitationals that the team will be participating in this Saturday.

Locally, the NorCal Frosh-Soph Championships at Dublin High is a showcase event for the underclassmen on the team. This meet has both a night meet, which is the highly competitive portion, and a larger day meet as well. Lots of good competition at this one and a chance to get a glimpse at the future of our program.

Up I-80, some of the team will be competing at the Sacramento Meet of Champions at American River College. This is a very high level meet and one of the best invitationals in Northern California. It has the same format as the NCFSC, with both a day and night meet.

Go Grizzlies!!

Athletes of the Week



Annika Lister – Won the shot put against both SRV and MV last Thursday as well as finishing 3rd in the discus. At the Granada Festival, she placed 3rd in the shot put and 5th in the discus



Jacob Ennis – At Thursday's meet, he beat SRV in both throwing events and placed 2nd against MV. At the Granada Festival, he got 2nd in the shot put and 3rd in the discus out of more than 30 competitors



❖ **MEET ORDER FOR
RUNNING EVENTS**

4X100
1600
100/110 HH
400
100
800
300 LH
200
3200
4X400

❖ **EBAL
CHAMPIONSHIPS**

BOYS
1997, 1999, 2000, 2001,
2002, 2003, 2004, 2005,
2016, 2018

GIRLS
2009, 2010, 2011, 2013

❖ **NCS TRI-VALLEY
CHAMPIONSHIPS**

BOYS
2001, 2003, 2004, 2005

GIRLS
2009

*"The gun goes off and
everything changes . . .
the world changes, and
nothing else really
matters"*

- Patti Sue Plumer

Parent Help Needed

This Wednesday is your last chance this year to volunteer at a home meet. Here's the link to sign up: <http://www.signupgenius.com/go/10c0d4aaaa728aa8-parent>

If you haven't yet made your team donation, please consider doing so. Any amount is appreciated, here's the link to donate online through the CHS Webstore [Track Donation](#)

Event Spotlight – Pole Vault



Interesting Facts

- Most pole vault poles today are made of carbon fiber or fiberglass
- Poles are rated according to the vaulter's maximum weight, but can vary in length and flexibility
- Before mats were invented, vaulters used to land in sawdust

Video

<http://www.nbcolympics.com/video/watch-brazilian-call-braz-da-silvas-record-pole-vault>

Pole Vault Records

- Women's World Record: 16' 7" – Yelena Isinbayeva, Russia 2009
- Men's World Record: 20' 2½" – Renaud Lavillenie, France 2014
- NCS Women's Record: 12' 10" – Kelsey Hintz, Del Norte 2007
- NCS Men's Record: 17' 8½" – Brent Burns, Acalanes 1987
- CHS Women's Record: 10' 4" – Jenna Langseth 2007
- CHS Men's Record: 17' 0" – Justin Miller 2008

Cal High Track Online

For lots of additional information about the team, including the schedule, results, all-time top 10 list and much more, check out our website at www.calhstrack.com

Also, click here to see our Facebook page
<https://www.facebook.com/groups/337430765812/>